

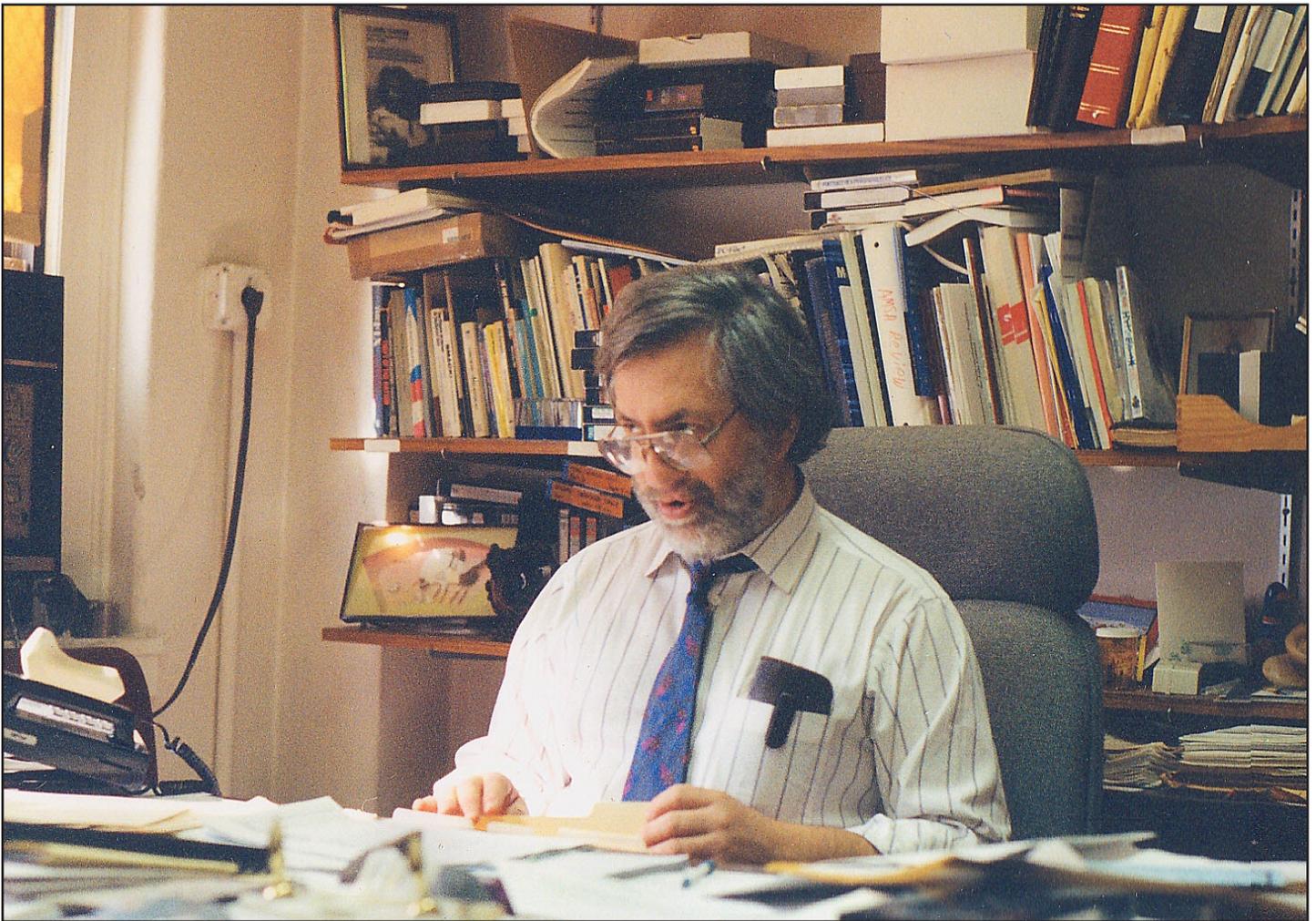
GUIDEPOINTS:

News from NADA

Winter 2017

Michael O. Smith

October 16, 1942 - December 24, 2017



To a Boss, Mentor, Colleague of 44 years and Dear Friend ☯ Rest in peace now – job well done.
Nancy Smalls, the Bronx

☞ *A Salute to Dr. Michael O. Smith* by Sheila Murphy, Chicago

So the question now is, what do we do without him? Michael Smith was a doctor, a great doctor. He was born in California and when he got his medical degree as a psychiatrist, he could have stayed right there in California, say Santa Monica, and had a beautiful life taking care of Hollywood stars, sunning, and swimming. Instead of that, he moved to New York City where he counseled prisoners on an island jail and worked at Lincoln Hospital's treatment center in the Bronx. The medical director there, Dr. Richard Taft, was murdered. Other psychiatrists at Lincoln found new positions in safer areas, but not Michael. He spent a lot of time talking to the staff and to patients, and he read about Dr. Wen, a surgeon in Hong Kong who used acupuncture to perform surgery on an opium addict. The patient told Dr. Wen that his craving for opium left him during the acupuncture.

Dr. Michael Smith, I believe, became the Archangel at this time. With his education and brilliance, he could have certainly found a much better paying job, but he put his patients first – and *their* needs. At this time, instead of job hunting, he did research on acupuncture and started to develop the NADA protocol. He placed his patients in a room together to calm their fears, so they could learn that recovery is not done in isolation but with others who are in recovery from drugs, alcohol and mental illness. There they sat, in quietude, in peace, letting the feelings of goodness and wellness return – and in doing so allowing their own spirits to soar. To believe that they matter, that they count and can be accountable.

Unlike many of us, he used few words. He parsed words. He spoke softly so we listened harder. But harder is not what he was about. Michael was about softer. Softer and more gentle recovery for those in need. He was the opposite of the opiate doctors. He never had to check the stock market to see how the pharmacy stocks were doing. No. No need. His patients were getting off of opiates. Methadone was no longer an option. Full recovery from drugs and pain became the mantra. The programs of Narcotics Anonymous and Alcoholics Anonymous were recommended in a clinic that became a holistic center for health care.

So what did he do for the thousands of patients he saw? What made them better? Another judge and I went to Lincoln one miserable rainy day and asked him that question. What do you do to these patients? Dr. Smith let

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Michael Smith with Sheila Murphy at the NADA conference in Nashville, Tennessee in 2014.

us know that we were poor lawyers: “If you were a good lawyer, you would not ask *me* the question. You would ask *the patients*. Wouldn't it be self-serving for me to answer?” We sheepishly left his office. We talked to a room full of patients all with needles in their ears. They talked to us. We listened. We had a hard time listening though because the tears started coming. We were moved by the stories of their lives and how, for the first time, they had a life.

This noble doctor had his own mantra, “Whatever the problem is, you have to make it better.” As a child, he suffered from a speech disorder. He taught himself to think before he spoke and he learned to speak slowly. What started as a great hindrance in life became a blessing, a *mitzvah*. He came to believe that we are change-makers of our own destiny. Dr. Smith counseled patients not to feel bad about themselves or to punish themselves. He treated each patient with dignity, and helped them understand that: “Whatever the problem is, you have to make it into something good.”

You may have seen the “Archangel” flying to Ethiopia, Nepal, Ireland, India, Africa. You could only see him if you traveled economy class as he did. He has brought treatment and recovery principles and the NADA protocol to the world. Police in India, judges in America, Chinese acupuncturists working in HIV clinics, doctors and nurses helping the mentally ill through the use of Dr. Smith's auricular acupuncture in Russia, Asia, throughout Europe, Canada, South America, Mexico and the Philippines.

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Dr. Smith is the Johnny Appleseed of human rights to the traumatized of the world. He said that everyone has the

Right to be Drug free

Guilt free

Shame free

The right to be nurtured with needles and beads, with tea, in 12-Step programs ... the right not to be categorized ... alcoholic, addict, bipolar, etc. We are all human beings, we are all sacred.

If we are asking the question of what do we do without Michael, the question has already been answered by Michael. We know the answer. We keep doing the same thing but with greater gentleness and softness and care.

Some of us stood at fire stations on 9/11, or in the Philippines for a tsunami, or in Nepal for an earthquake, or in a prison in Ireland doing acupuncture. So what do we do without Michael? It is pretty simple. We pick up our feet and leave the chains to never again capture anyone. We must bring a new day to this earth.

Each of us needs to stop the hopelessness and bring the change we dream of. Take your choice – write a book, make a documentary, do a blog, talk to the mayor, the governor, the prime minister, get the laws changed – but do something. Stop leaving home without the seeds. We need to follow the path of Michael the Archangel.

When I last saw Dr. Smith in 2017, it was the end of summer. He sat in a great chair and could see the leaves on the trees. We talked about doing a book, a documentary, something to help others learn what he taught us. He looked at me with such a great twinkle in his eyes, and said, “Yes, yes, yes.” I thought then that I would come back to New York and visit him and give him a progress report.

That is not going to happen, but let us always remember that the mark of a great person is that their work is never completed in their lifetime. And so it is with Dr. Smith. Now we have our own angel, in fact an Archangel, Michael Smith. We will ask him to open the doors for us so that we can carry on what he started. He will make it happen. He will lift us all.

GUIDEQUOTE

Great People

“It is sometimes difficult to recognize great people when first they come because there are few who are really ready for them. Few see the new world before them as clearly as they do. The Roman philosopher Boethius wrote, ‘Every age that is dying is a new age coming to life.’ The problem is that most people stay rooted in the age before them where the path is clear, the way is sure and the work is stable. The great people of every age are those who step over from one age to the next to show us that we must step over too.

Greatness has four sure marks: freedom from the barnacles of the self, compassion for others whatever the desires of the self, commitment to something greater than the self, and the life-giving courage that is willing to sacrifice the self for the sake of that freedom of spirit, tenderness of heart and vision of soul.”

– Joan Chittister

☞ *Reflection From Carlos Alvarez*

NADA's mission has a core, a sensitive central nervous system. When any part of it gets hurt, the pain travels to every part. Sooner or later, it reaches everyone.

Dr. Michael Smith was a pioneer, our mentor, our hero and most of all, our friend. He left us early in life and with it, over 50 years of service to the communities he served. He was generous and kind, one of the good guys. Working with him was not only about doing a job, it was about personal enrichment, including travels to different parts of the world and experiencing new cultures.

Dr. Smith's life brought people from all walks of life together and now his passing is bringing us together again. He will be sincerely missed but never forgotten. Our friend, our hero. Thank you, Mike.

Michael O. Smith's memorial service will be held on Saturday, March 24, 2018 at the

New York Society of Ethical Culture, 2 W. 64th St, New York, NY 10023

Service is from 1-3 pm followed by a reception. Please RSVP at www.acudetox.com.

Michael O. Smith's Curriculum Vitae – Written by Michael Smith

This picture shows the 25th year celebration of our acupuncture detox organization, NADA. My friends surprised me by secretly inviting my two daughters to the New Orleans' conference.

My own life has been a mixture of consistency and unusual choices – 35 years as Director of Lincoln Recovery Center (a city job in the South Bronx) and 31

years in the same Manhattan apartment. We started using ear acupuncture in a group setting in 1974. Our program has been a leader in job readiness, diversion from jail, maternal substance abuse, and developing peer counseling. Visitors, including Mike Durfee, comment on the friendly atmosphere.

I've had a lot of special career experiences:

1. Being a teacher at a large conference in Siberia – in February.
2. Being mentioned in an article on the front page of the Chinese-language daily in Beijing after speaking to a medical school about using acupuncture for AIDS.
3. Teaching correction officers to do acupuncture in Dartmoor prison. Now it is used in over a hundred English prisons.
4. Teaching and consulting at the first drug treatment program in India. It was located on the top floor of a police station. Now there are 20 satellite programs in the Delhi area run by former clients with no funding.
5. Seeing our treatment used in several hundred European psych hospitals. Coordinating the PTSD stress-relief treatment of hundreds of Katrina first responders and then helping to establish funded acupuncture training for dozens of New Orleans' locals.
6. Starting a peer-counseling program in a provincial capital (a stone village) in Ethiopia.
7. After Roger and Gloria Flynn had their car trunk

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Michael Smith's daughters: Joanna Smith and Jessica Hutter. Photo courtesy of Dorothy Eagan.

robbed while visiting our program, being able to buy back what was stolen for \$20 – the local crime “supervisor” doesn’t permit robbery of program visitors.

8. In a large courtroom in San Diego, having a senior judge I’d never met before wave at me from the bench as I was walking into the room.

Favorite getaway spot: Blue Lagoon in Iceland in winter.



Michael Smith with Jesse Morgan (center) and Carlos Alvarez. Photo courtesy of Jo Ann Lenney.

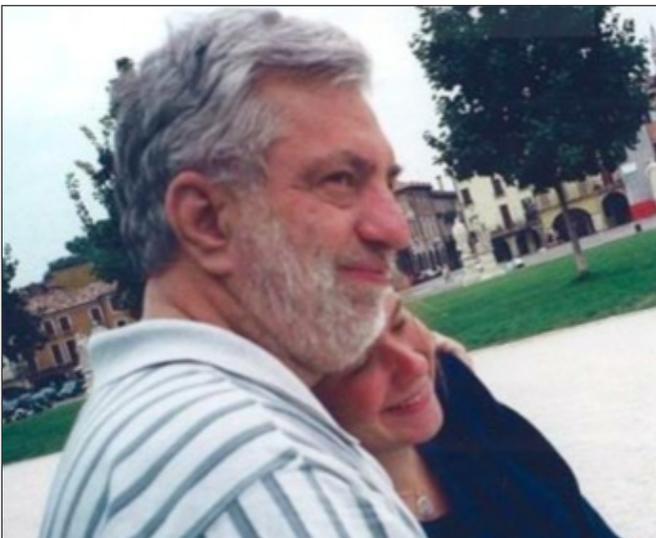
Reflection From Joanna Smith

Our Dad was a wonderful father and an amazing man – smart, funny and dedicated. He didn't suffer fools lightly and politicking was never his thing, but he believed in the people around him and in the work that he did.

He loved his work, NADA, and his team at Lincoln. He loved teaching. Not just providing an answer but walking a person through the whole issue – delving into the moving pieces that make up a whole. He not only wanted to share his own ideas, but, as all good teachers do, he wanted to get the other person's take on the matter as well. He wanted to explore the issues and come up with an approach that would make things better.

Shallow dives into subjects held no interest for him. I once asked Dad for what I thought would be a quick bit of help on my math homework – 45 minutes later (and now with a deeper understanding of the history of the Pythagorean theorem than probably any 7th grader has ever had) we still hadn't yet reached the mechanics of the problem.

But that was the thing about him. He had joy in figuring things out and discussing it with others. You always knew when the book you had in your hands belonged to Dad. Fiction, non-fiction, science fiction, poetry – no matter the genre, Dad would take notes. Detailed, meticulous, thoughtful notes. Favorite parts would be underlined, historical facts would be checked (and commented on, if incorrect) – reading one of his books is like having a conversation with him, getting insight to his thoughts.



Michael Smith with Joanna Smith. *Photo courtesy of Joanna Smith.*

He believed in the importance of being able to say “I don't know” and to start the journey from there. It is only as an adult that I realize fully how impressive that is. It is only as I got older that I could properly appreciate the incredible things he did in his life.

As the news of his death has spread, several people have reached out to us, sharing memories and letting us know what Dad meant to them. Words used include: teacher, mentor, leader, guru, colleague and friend. Hearing everyone's stories about Dad has been heartwarming and heart-breaking as we face life without him. We look forward to meeting you all as we celebrate the life of Michael Smith at the service on March 24th.

Flavia Lewis, Denver, Colorado

Just think of the millions of lives his knowledge and teaching, his reaching out with caring and love have impacted worldwide.

Lars and Mette Wiinblad, Denmark

It's hard to express what we felt getting the message about Mike on the 24th of December. Emptiness was the first feeling, I think. And then sadness. Then emptiness again. Slowly a state of gratitude is developing, growing stronger.

Mike had a very special gift, going directly to the core of things and even beyond. He was a visionary and creative soul who gave us a new paradigm. He could twist our minds completely and make us reflect in totally new directions. He was so giving and generous, sharing his thoughts and philosophy. We sometimes talk about Mike as a doctor who took his Hippocratic oath seriously, starting in the South Bronx and later taking the NADA Spirit to every corner of the world. We must work to keep that Spirit alive, share it and pass it on in a humble way.

Joy Smith, Nova Scotia, Canada

I am deeply saddened by this news and also have a deep sense of gratitude for Michael Smith who gave so much of his life to benefit others.

Cynthia Neipris, New York

The loss of Mike Smith is beyond words. A hero to so many. I am so very grateful for all that he was.

∞ *We Will Always Love You – Your Lincoln Recovery Family*

Michael O. Smith, the Chi Whisperer, the Teacher of Simple, and, most importantly, the Definition of Paying Forward. Thank you for sharing and teaching to just allow. ∞ *Jeannette Robinson, the Bronx*



Carlos Alvarez' retirement party, 2007. *Photo courtesy of Carlos Alvarez.*



A celebration of the SISTERS' program, part of the Maternal Substance Abuse Services. *Photo courtesy of Carlos Alvarez.*

The Icon Has Now Become a Legend

- Larry Lee, New York

Deborah Valentine Smith

I want to acknowledge the passing of a remarkable man, mentor and friend. We learned a lot from each other, shared in the blessings of two wonderful children, who have become two incredible women, and we were always friends. I feel the loss in my life and I know he will be missed by the many people all around the world who benefited from his commitment to his life's work. His walk and his talk were one and the same.

Jean Guyette, Franklin, Maine

I have a peace that I did not have in the past. I attribute this to the NADA protocol, and I am grateful for the shift. I will pass Mike's work on to as many people as I can – each day in recovery I carry his lesson with me:

Open heart, heal, hope
Go to those most in need, share
Now, keep it simple
(oh, and eat chocolate cake)

Robert Whitaker, Cambridge, Massachusetts

He was a generous man in every way.

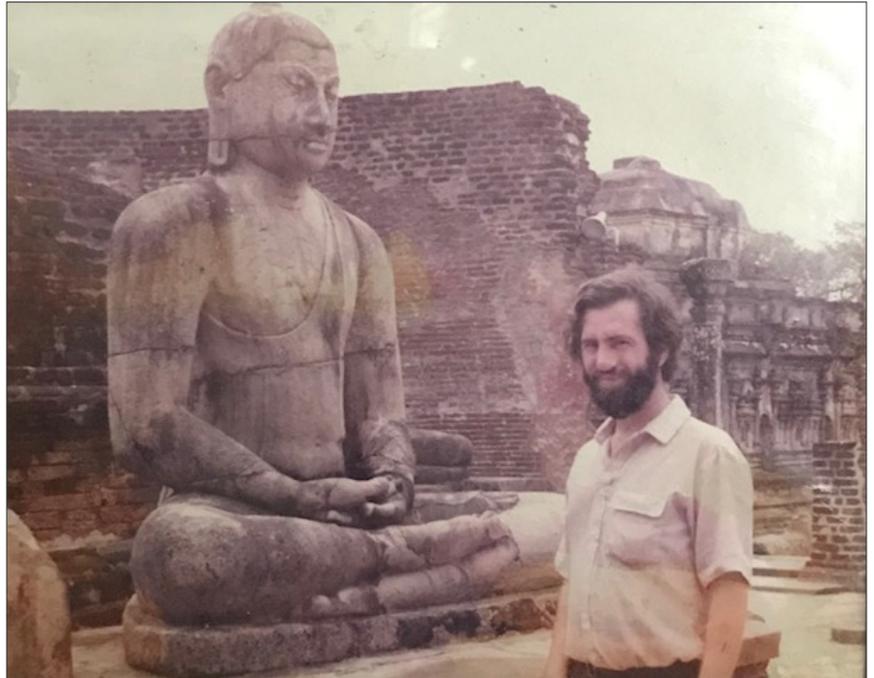
Meyer Gordet, Israel

My heartfelt condolences to Michael's family and friends. What a gutsy trailblazer for humanity. G-D blessed Michael not only with becoming a doctor but with a heart to practice according to the needs of the people. The people who needed it most – those addicted to drugs in the South Bronx. Michael had that rare quality of really being with a person, regardless of externalities.

One can only imagine Michael's place in Heaven for helping so, so many. A seed in the South Bronx has become a worldwide garden.

b'soros tovov – we should only hear good news.

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Michael Smith's first trip to India. Photo courtesy of Jessica Hutter.

Vanessa Top, New Caledonia

Mike leaves an empty space but he is in our hearts – he gave us so much. I'm so sad I will not see him again. When I first met Mike, he told me about the importance in gathering – it was a time for sharing with the NADA family, sharing new ideas, sharing with the heart. He also told me about the importance of the Tao Te Ching. Chapter 81 is the one that makes me think about him – it is all Mike – simplicity, truth, wisdom.

Words of truth are not pleasing.
Pleasing words are not truthful.
The wise one does not argue.
He who argues is not wise.

A wise man of Tao knows the subtle truth,
And may not be learned.

A learned person is knowledgeable but may not know the
subtle truth of Tao.

A saint does not possess and accumulate surplus for
personal desire.

The more he helps others, the richer his life becomes.
The more he gives to others, the more he gets in return.

Deb Geno, Lapeer, Michigan

Dr. Smith honored that spark of the sacred within each person, within people that others saw as discardable. So in the traditional way, no doubt Dr. Smith is visiting all he is connected with and hearing heartwarming stories from all directions, knowing his life had tremendous meaning. May we continue to be blooming flowers on the path, aware of the healing spark within ourselves and within each other.

Ralph Raben, Germany

My main request: when you are with Michael, take his hand for me and tell him that I am often close to him in my daily work. Please tell him that I am grateful for all what he did for us with his work.

Through Michael, I have understood what acupuncture is. He is until now my important teacher and model. I will convey to all my colleagues and students his idea and creation that NADA is a “school” and not just a “method of treatment.”

Tell him that I admire him as a man and as a doctor and as a teacher – and I love him as a person.

Eva Marie Hurst, New Orleans

I am honored and privileged for all the blessings I have received from Dr. Smith. He was always gracious with his time, guidance, generosity, wisdom, mentoring and support. May his guiding light continue to shine.

Tom Atwood, Waco, Texas

Michael had become my teacher, mentor, and friend. He insisted that I believe that I am better than I think I am.

Suneel Vatsyayan, India

We were shocked to receive the news of our lost teacher, mentor and friend. Ear acupuncture has become synonymous with Dr. Smith in India. People whosoever met him earlier always looked forward to meet him again and again, whether senior officers, counselors, or peer educators whose lives were touched by his holy presence and dynamic chi. Poor children, adolescent girls and women of Chattarpur village expressed their gratitude for his generous support to their education and vocational program.

Dr. Smith has the energy of a child and the wisdom of a saint. We as a family see him as a grandfather who is close to us in the times of delayed monsoon as well as in spring.

Ajándok Eőry, Hungary

I am very much sad hearing about Mike’s death. I think this is an enormous loss for all of us. Mike, Rest in peace!

Sharon Jennings-Rojas, Owings Mills, Maryland

I was so deeply saddened by Mike’s departure. He impacted all our lives, and he left footprints to help guide us on our personal and professional journeys.



Michael Smith with (left to right) David Blow, Ralph Raben and Jim Byrne.

Kajsa Landgren, Sweden

Dear Ancestor of Liberation Acupuncture, Congratulations on this title, one of all titles you are worthy of. I am one of all those persons standing on your shoulders – you have fostered a cadre of NADA ADSes and changed the world to the better. Your work is impressive; your spirit is amazing and will live for a long, long time. I am grateful for all that I have got from you and from NADA.

Lana Grubišić, Croatia

I did not know Mike well, but the little I knew him will forever stay with me. I will do my utmost to give back to others in the way that he showed kindness and generosity to me.

Claudia Voyles, Austin, Texas

Mike loved maps and hot springs and basketball. It makes perfect sense to me that he would resonate with the Chinese medicine maps of energy flow and associations and the concepts of Yin and Yang. I remember with great fondness the sacred map, disguised as a scrap of paper completely covered with scrawled names and numbers, that was Mike’s guide to connecting people. With similar fondness and gratitude and deep loss, I remember how easy it once was to pick up the phone or send an email and ask Mike for help or report some success. I have been reading back through the Michael O. Smith writings, papers, book chapters, email travelogues and transcribed talks. Again and again, I am moved by the just right turn of phrase or analogy and by the deep wisdom. These are my maps now.

☞ *Words From the Founder: A Compilation of Michael Smith's Writing*

Read at the opening of the 2017 NADA conference in Delaware.

The NADA protocol started with one needle plugged into a machine and an addict turning it up high for the buzz. It started with heroin addicts and alcoholics who said this would help them though doctors were saying that acupuncture wouldn't work for them.

NADA is not like a pill. A pill doesn't have wisdom – but acupuncture has wisdom from the very first. Pills do the same thing every time, but very few things in life are like that. Acupuncture is nothing like that. It works in animals and plants – it is balancing, normalizing and restorative. In the field of addiction and trauma, acupuncture helps people survive in the first days of recovery. It doesn't necessarily solve anything, but it puts people in a useful space.

NADA is a foundation. A foundation is the basic part of having something done successfully – you can build many different types of houses on it. It is also a demonstration of what sobriety is, of what a person's own value is. A patient says, "I don't deserve to relax." Acupuncture tells the person that "Nature forgives you every day – you're not broken, there's a possibility for growth." You don't tell the person, the person perceives it.

And, moreover, NADA is a gift. Clients are very needy but it's hard to give them anything. It's hard to give something to people who have low self-esteem – they don't know how to accept anything. Acupuncture looks like you're bringing something from the outside, but what the patients are getting is the ability to use parts of their own mind and spirit that they weren't able to use before – it gives them a part of themselves that was always there.

And NADA is sharing. Part of this sharing is the group Qi effect. The treatment should be done quickly to allow the Qi to move easily. Clients feel they're being judged all the time, they think they don't deserve to relax. But you put in a needle and, within a few minutes, the patient is feeling

more comfortable. Initially the clients don't trust you – they don't trust themselves, why should they trust you? – but, because the treatment is non-verbal, this doesn't make any difference. They begin to realize for themselves that they're not broken, that something works – and it works because they're alive.

When you first meet a client, you have about five minutes to help them – to make them realize that they are alive and that something good is possible. You give them acupuncture, and you have offered the knowledge that they have life and potential. There is not much that's important to a using addict so you have to make what you do count. NADA gives them self-validation and is a treatment for their Spirit.

Interaction and richness is what works. Your message must be variable – it's what you bring to the situation. Keep it simple so complicated things can happen. Make it complicated and the client won't understand. If you want to change a person's life with a 10-second message, it has to mean something to that person. Intelligence and wealth and process is inside the client, not inside the practitioner.

Acupuncture is a living thing. It's like a message or a lesson – once the body learns the lesson, you don't need the treatment. It's a whispered suggestion – when you speak to a client, speak so that the person can take it in. Say similar things, not unique things. Don't tell people new ideas – make them safe and then let the ideas pop up. Make what's already there rich – help to value and honor it.



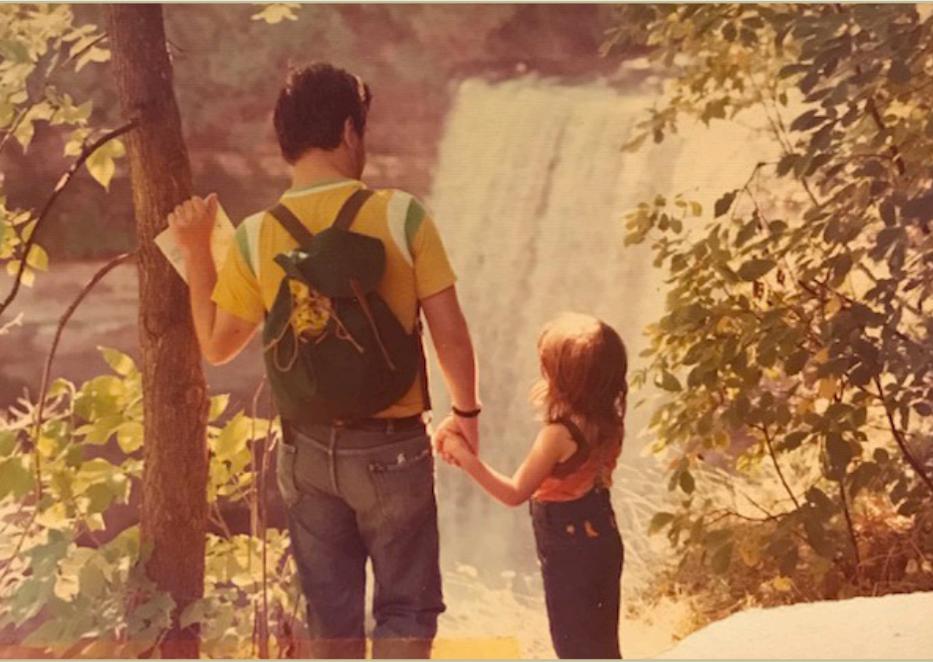
Alan Trachtenberg with Michael Smith, Roanoke, Virginia, 2007.

The Spirit of NADA is service – people grow and we grow through the people we serve. We've done a great deal to have gotten to this point where we are today. But now we must hand off our knowledge and this is not always easy. But we must begin to plan how it can be done. Yes, I really appreciate what we've done so far, but I appreciate even more what we might do.

Reflection From Jessica Hutter

My sister and I are deeply touched by all the expressions of love, praise and respect for our father that have come from everyone and around the world. He has clearly left a deep impression. You tell us he is present in your thoughts, prayers, and even your dreams. We read an email from Chinatsu in Japan,

who said she felt sad upon hearing of his passing, but knew that his soul is now free and most likely traveling the world. She also said Dad has now become a star, and she plans to always ask him if she's not making mistakes, if she's on a right path, and to watch over her and NADA Japan. This is a beautiful way to think of him – and a logical one. Traveling the world untethered by the rigors of airports is definitely something he would want to be doing. And watching over his friends and family as a star even more so.



Michael Smith with Jessica Hutter. Photo courtesy of Jessica Hutter.

* * *

My father was not a typical doctor. He always introduced himself as “Mike,” never “Dr. Smith.” He only showed off his credentials if he felt they could lend assistance, as in giving “credibility” to an article or a program with his name on it. As he often said, “if all the administrators need is bullshit to keep ‘em happy, then give ‘em the bullshit. No big deal.”

He wore ties only when those administrators said he had to, and a whole suit and tie only on very special occasions – receiving an award, giving an important speech, going on television, my wedding. Eventually this changed, and even TV got the same windbreaker and khaki pants he wore everywhere. He was always scruffy, but as he got older my dad got scruffier. His goal was never to impress – to talk, yes. To lecture, to travel, to meet people, to work, yes. But he didn't care about titles or labels.

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In general, he distrusted other doctors (although, he was like most doctors in that he didn't think he needed one) and he barely tolerated hospital procedure. “The chart is sicker than the patient,” he liked to say. Atypical of an MD, he never let med school go to his head. One of his greatest talents was his

perspicacity – he could see straight to the heart of any problem or any intention. What might offend or outrage others, would not do so to him. He was able to see what was needed, as opposed to what was desired, and was always happy to help if he could. He did not convince himself he was anybody's savior. Rather, he gloried in results, in patients who wanted to come back, in programs that became able to survive on their own. He abhorred details and the onerous middle man. His most well-known motto was, “Keep it simple.”

So, no. A typical doctor he was not. In many ways he was not a typical father either. When my boyfriend, Tom, decided he wanted to pop the question, he made the mistake of asking my father's permission first. “I want to ask for your daughter's hand in marriage,” he says when he calls him on the phone. “Well,” says my dad, “that's not my decision to make. That's up to Jessica.” This baffled Tom, and so he asked again, like, just in case he'd heard wrong. But my father's answer was the same. As it happens, Tom is just as stubborn as my father, so at last my dad gave up and said, “Oh alright. You can have my permission if you really want it.” Later, he told me he'd relented because it seemed Tom had probably just needed some moral support.

Clearly, my father was not a traditional one. Phrases like, “Daddy's little girl” made him cringe. He was not the protective type. Although, this is not to say he did not

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protect his children—he did. Every conversation, lecture, debate – which usually took place in the car, at restaurants, or on the couch on Sundays when the football game had gone to commercial – had the same hidden lessons: defend your opinions but keep an open mind, understand where others are coming from, speak up if it is needed, learn to think for yourself. Thanks to our father, my sister and I have never gone through this world unprotected. It has never occurred to us to be other than who we are, to be intimidated, to assume that what we have to say is not important. You can't gaslight a Smith sister. Her mind is her own. You can't tell her that she is not smart, or interesting, or loved. Sometimes – maybe unfortunately – she is even a little scary. When learning that both sisters will be present at a dinner party, for example, the response is often, “Oh, boy ...” Ultimately, this is not such a bad a thing. It's just another example of our father's gift to us. He leaves us in this world prepared and sturdy, but kind.

Our dad's training came in all forms – acupuncture, addiction recovery, counseling, community, love. Anyone who has studied with him carries something everlasting within, something that outlasts hardship, bureaucracy, intimidation, and – my father's number one enemy – bullshit. If you've worked alongside Michael Smith, you've been given a gift. You have a way to help others, not through needles or beads or bravery or social justice, but through understanding and sympathy. Your programs will be prepared and sturdy and kind. All of us are his trainees and all of us are his family.

And, if what Chinatsu in Japan says is right, in the stars we now have a friend.

Chinatsu Uehara, Japan

When I heard the news, I felt sad and at the same time I felt the light of hope, “Oh, Dr. Smith became a star.” We learn a lot by the death of a person. What did he teach me by his death?

Continue without giving up.

Believe your friends.

Have the courage to act.

I think there are so many things that I haven't realized yet. I plan to always ask Dr. Smith who became a star: “Dr. Smith, I'm not making mistakes? Is this a right path? Am I doing okay? Please watch over me and NADA Japan.”

NADA's Mission

“The National Acupuncture Detoxification Association (NADA), a not-for-profit training and advocacy organization, encourages community wellness through the use of a standardized auricular acupuncture protocol for behavioral health, including addictions, mental health, and disaster and emotional trauma. We work to improve access and effectiveness of care through promoting policies and practices which integrate NADA-style treatment with (other) Western behavioral health modalities.”

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☞ *Spirituality and the Serenity Prayer* by Michael O. Smith

This essay was originally a presentation at the NADA annual conference in New York City in 1995.

The Serenity Prayer

*God grant me the serenity to accept the things
I cannot change,
Courage to change the things I can,
And wisdom to know the difference.*

--Reinhold Niebuhr

When I do the training program at Lincoln, I point out to students that we're really training them in two abilities, each one expanding upon the other. The first is the ability to put needles in appropriately and correctly, and to run the group setting and so on. The other is the ability to integrate what acupuncture is about with what substance abuse recovery, and substance abuse treatment, is about. This isn't easy -- it has to grow out of personal experiences. It has become clear to me as time goes on that when people ask what acupuncture is about, it's quite a bit different than what some people might understand, though many of us already do understand what I am teaching.

I use the word "spiritual" because I think it is so commonly used in the drug and alcohol recovery field that we are not frightened by the term. First of all, you have the idea of enlightenment in spiritual development. In the Buddhist sense of enlightenment, your body is lighter, your stress is lighter. I believe acupuncture is very much about enlightenment. Things move quicker, Qi moves more easily.

Enlightenment means you are lighter in regards to all the associations therapists like to bring up. Your memories are lighter, your experience of trauma is lighter, your burdens are lighter. Life is not holding you down as much. Enlightenment also has a lot to do with the 12-step phrase, "Let go." If you let go of authority and control, you will, in turn, gain it. But first you must let go. Acupuncture helps people do this. Acupuncture is productive therapy and helps therapists be more effective in what they already do.

Secondly, acupuncture relates to spiritual development through the awareness or experience of solitude and privacy. Even in settings like 12-Step groups, spiritual

development is still essentially a personal and private matter. You are able to affirm, "I'm not only lighter, but I'm within my own space. I can have solitude and privacy even when other people are around."

I remember one time in the midst of one of our many administrative harassments, our director wanted to drill a hole in the cement floor of the acupuncture room. Workers brought in an air hammer at 10 in the morning with about 20 patients sitting around. I was quite annoyed. It was insulting and contrary to what our program was about. So the air hammer started, and I turned around and looked at the patients. They were sitting there quietly. Generally, if you are in a setting like that and the person of authority shows annoyance, people get riled up. In this case, that did not happen. No one moved or made a sound. Later, I understood their behavior, realizing that many people have a mental air hammer going all the time, and, therefore, have learned to tolerate merely external noises. Quiet is something we develop -- it can't be measured in decibels. Privacy, lightness and solitude belong to us -- and not to the sound system.

Another aspect of spiritual development is that people can learn to be in the present -- one day at a time, one minute at a time, one second at a time. If you are meditating or relaxing, you need to be where you are and not bring in the past or jump to the future. Acupuncture easily accomplishes this present-ness.

We should also consider the question, "What is spiritual development about?" Many of us think, "Well, yeah, I meditate, I do this, I do that." But when we're talking about drug and alcohol treatment or severe trauma, that's not the kind of spirituality we're talking about. We're talking about walking out in the desert -- about feeling lost and without clear direction or guidance. We're talking about the spirituality of adolescence, which is without question the most spiritual time we live through. Without question because there is always challenge there: "Who am I? Where am I? What is my essence? What is going on?" The challenge is there because Nature puts it there.

Ask people who are using drugs something like, "What do you want to do next month?" and they will just tell you "stuff." It won't be true or useful, it will just be *stuff*. But if you ask people who are one-week clean the same question,

it's not a sympathetic question because there are too many unknowns. At this point, it feels like you're harassing them. You're saying, "Let's pretend all these things are known, because I don't want to deal with your spiritual crisis. I want you to be part of this particular clinical or social plan." Then they hear all those other questions from their prior life: "Who's going to like me?" "Where do I fit?" That is the essence of recovery, the essence of survival of trauma, the essence of many things. Acupuncture helps with these issues a great deal, particularly if we can accept the silence, the need for privacy and the unpredictability of the situation.

If you ask 7-year-olds what they want to be when they grow up, they usually feel complimented, and they lose themselves in their future visions as if they already were the president or an athlete. Their answer has nothing to do with who they are right at this moment. It's a game. Conversely, if you ask 13-year-olds what they want to be, they'll dislike the question, and they'll often feel like you're harassing them. And unless they've invented a reply for funny-sounding adults at this point, they won't answer.

Now a 13-year-old knows more about "what's going on" than a 7-year-old. At 13, the question is no longer, "What do you want to be when you grow up?" but "What will you look like?" "Will you be alive when you grow up?" "Will you work?" "Are you there?" "What place is there in the world for you?" And how can a 13-year-old even begin to answer those questions? They don't even know what how tall they'll be, and they're just now realizing that the world doesn't really care about the deeper things. At this realization, it becomes clear that this is when they need spiritual help.

We in health care have the illusion that we provide structure, that we provide peace, that we provide choices -- both with our own teenage children and with our patients. People need harmony. They need structure. They need choices. But these things have to come out of the organic process of becoming who they are. That is a painful process. It might not be one that's fun to remember, but it's the one we as therapists have lived through ourselves and have all chosen to work with.

If one day you're feeling healthy and someone tells you that you're HIV-positive, you will automatically be faced with the issue of spiritual growth. Now you're once again asking, "Who am I now?" "What am I going to be like later?" "What's going on?" Answering these questions requires privacy, enlightenment, time and space, not verbal suggestions or talk therapy.

In Chinese medicine, teachers talk about the growth
Guidepoints News from NADA

energy being a seed. What do we do with the seed? Well, first we plant it (though often the seeds will plant themselves). The seed is planted, and it disappears in the ground. At this point we might think, "The farmer seems lazy, just hanging out for a while, right?" No, farmers are hard-working people, but there are times when they must wait and times when they can work. For instance, if we wanted to diagnose this seed, to dig it up and make a diagnosis in the middle of winter, what would be the diagnosis? A dead seed. Every time we dig up a hidden seed, the diagnosis is always the same. The seed is dead. This inevitability means we have to wait.

We are taught that change occurs because, somehow, the clients have to prepare to make things better. *They* have to make the weather "warmer." We try to create a lot of "alms": almost ready, almost ripe, almost this, almost that. Everything is *almost OK*. The process is called "case management." However, this is not how seeds grow in Nature. Seeds develop and grow in the coldest, darkest, hardest space with the least amount of support. It may seem counter-intuitive, but we need roots in our own private space before entering the outside world. Before spiritual growth occurs, specific goal-oriented preparations have little value and much possible negativity -- fatigue, stress and a loss of hope. As new and creative parts of adult life sprout, only those specific parts can be nurtured. Good parents and therapists wait -- they don't diagnose or probe, they don't guess or predict or even hope. They distinguish the small real sprouts from complex formulations or parental expectations.

We've come back around to spiritual development -- where and how seeds grows. They grow downward first, upward second -- this private process, the process of hitting bottom and developing up, is how new things develop. They don't develop by artificially warming a seed. We should know by now that new things emerge from cold seeds. The private process is private, underground, and it's best not to be a snowbound therapist trying to dig up a bunch of underground seeds. Not because you are not well-meaning, but because it doesn't work. So what else do you do? You wait. But wait in the right way -- using nurturing, nonjudgmental support like acupuncture -- and wait for the right time.

Spring is here when the seed sprouts. Spring is not a month. Seeds grow continually and each seed has its own Spring. Now is the time when you can give direction. You can put that little stick in the ground for support. And later on, that plant will be stronger because of the direction you pointed it in. You can trim it so it grows better. You can do many things, but only if you know how to be a farmer and

you know in what season to work.

All of us are made of different seeds. Some things sprout quickly, but others that are hidden might take a longer time to blossom. If we are working with people who have hidden seeds, and they sense that we want/need to find them, their first instinct is to run away. And the intelligent, healthy thing for them to do *is* to run away. One of the very few, if not only, methods of nurturing a hidden seed is through acupuncture, because you can nurture and relate to something that is private. So be a good farmer. Know in which season to rest and know in which to work. Know what part of a person can be given guidance and what part is private. Privacy is special -- good things develop from it.

I want to mention one other thing which, in many ways, is the real mechanism of what we do. This is another spiritual issue, but it is cast in terms of cognitive therapy. It is called the Serenity Prayer. The Serenity Prayer has three parts to it: two parts and a tail. The first part says that if I can't change something, then I should just accept it. The second says that if I can change something, I should try. And the last part says, rather confusingly, to let me have the *wisdom* to know the difference. Not the *support system*, not the *faith*, not the *prior knowledge* or anything like that—just the *wisdom*, the *evidence* to know the difference. Wisdom and the Serenity Prayer are the pure essences of cognitive therapy.

The issue of wisdom is implicit in spiritual development. For a client in therapy, the agenda every morning, in every situation, and at every point of danger becomes: “Is it possible to improve or is this something I can't change? How do I decide what is possible in a relationship? Should I accept it and move on, or is it possible to improve? In myself, can I reach out and do that new skill, or am I limited and broken?”

When people who are using drugs come into your program, you might ask yourself if they're applying the Serenity Prayer. They will come in and be in what we call denial, saying that it's impossible to improve. They are on the first half of the Serenity Prayer—denial is nothing but that. We may complain about their denial, but the fact is that the police chief agrees with it. The mayor agrees with it. Most of their family agrees with it. And, if they've had

seven or eight experiences with treatment, the evidence of those prior treatments agrees with it.

Well, what if we just told the client, “You're a good person. You have goodness inside you. You can improve.” If you say these things to people who are using or maybe who are two weeks clean, they'll figure you're a goof or that there's something wrong with you. If a person is depressed or paranoid or escaping or feeling disenfranchised, they are not interested in that kind of compliment. It makes no sense. So a good counselor doesn't say that.

So, how do people ever figure out that they should try? Ordinarily, they will slowly perceive that you actually care

“Look at the Serenity Prayer. Have the wisdom to know the difference, otherwise you'll be in denial. Have the wisdom to know the difference, not that ‘somebody told me something,’ but have your own *wisdom* and *evidence*.”

about what's going on, and that *you* think they can improve. Then they see that other people in the group and in the program feel that way too. This is a slow process, made more so by a foggy brain and lots of slip-ups along the way. And this is not unreasonable. Look at the Serenity Prayer. Have the wisdom to know the difference, otherwise you'll be in denial. Have the wisdom to know the difference, not that “somebody told me something,” but have your own *wisdom* and *evidence*. Acupuncture changes the situation a great deal,

particularly if we understand the process. People take drugs because they think, “I'm lousy. Something outside me must be good. I need that stuff that's outside me.”

The basic addiction posture is: “I'm no good, something outside me must be better.” So, you have people sit down for their first acupuncture treatment. Many of these people come in angry and feeling terrible. Then during treatment, they become calm, settled and relaxed. At the end of the session, they ask, “What's in the needle? There must be something in the needle.” Some people get very intense about this because they are struck by the notion that “if there is nothing good in the needle, then there must be something good in me.”

That's the biggest lesson in the clinic—the biggest lesson in anybody's life. And because acupuncture can take the most panicked person and show them a peaceful side of themselves in about 30 seconds, you are able to reveal this important human and spiritual lesson right away. “There nothing in that needle, so there must be something good in me—something good, something peaceful, something

quiet, something forgiving, something optimistic.”

You can come into the clinic thinking, “I don’t deserve to be relaxed. What I did last week ... blah blah blah.” But the needles don’t care. Your body doesn’t care. It forgives you every day. It’s been forgiving you for 20 years. You just don’t realize it. And you become lighter.

What if, on the other hand, when that person says there must be something in the needle, someone steps out and says, “Well, I’m a pretty smart therapist and you’re getting better because of our really fancy therapy technique.” Now you just went south. That is not the basic issue. Acupuncture is not a dominant process. It is supportive and integrative. Everything we do is. The basic issue is the question: “Is there something good in me?” And the answer is, “There is some value in me. So I’m going to be on the other half of the Serenity Prayer, and now I’m going to try.” Now, you as the therapist have the most important partner you could ever have—the patient’s Qi and their own process.

When I look at some of the results we’ve had with chronic schizophrenics, it seems to me that this mechanism then says, “There is something good in you. There is something good in you that is not broken. You should try.” If you ask how much value is there in a few minutes of peace, there’s not a whole lot of value. But turning around your whole life has a tremendous amount of value. This is something that is useful to tell people about.

There are many therapists out there who told their pre-adolescents all about adolescence. I’m not sure that provided a lot of benefit. Adolescence, and recovery, has to do with self-discovery, privacy and being lighter—not with being parented or diagnosed. When self-discovery occurs, then people can see something and say, “Wow, here’s a reason to do something,” and then one part of denial goes away and the process changes.

Acupuncture gives us as therapists a unique privilege. We are able to work with a partner – the living human body – that has much more capability than we do. Most health care methods focus on substances or activities that act *on* the body. Practitioners of these methods must rely only on their own knowledge to determine the appropriateness and limitations of the treatments being provided. This leads to the obsessive need for control that dominates most health care. Acupuncture transcends these limitations. The patient comes to us for help, but the treatment only makes sense if the patient’s Qi – the patient’s becoming – is more vital than ours. Healing

occurs through relationship not action. To develop our relationship with the patient’s Qi, we must be comfortable with the vast and complex character of bodily Qi. It is indeed a Higher Power. And we need to accept our subordinate role in this relationship.

Michael O Smith

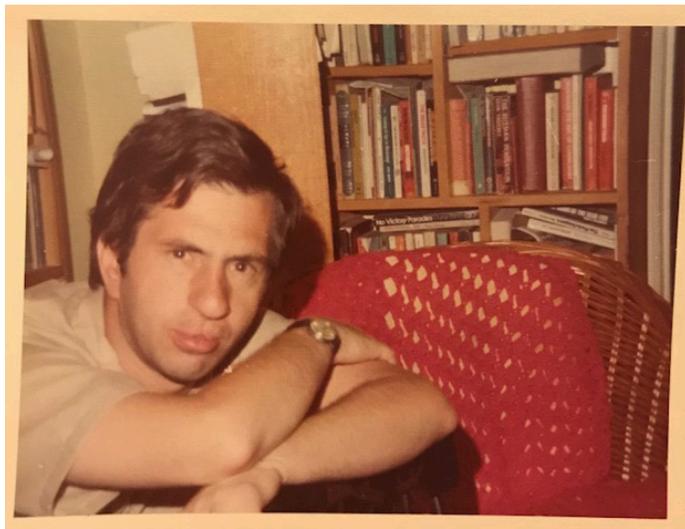


Photo courtesy of Jessica Hutter.

Kenny Carter, Ft. Meyers, Florida

I say “Mike” and “Tao” in the same breath now. Your big open heart has taught much about persistence and resiliency. Thank you so much for letting me tag along, for teaching me to sing an easy and simple NADA song for others. Thank you for all you have done in the service of healing in this world.

Rita Nilsen, Norway

It is hard to know where to begin, because there is so much I could say – an enormous amount because Dr. Smith’s NADA protocol has saved so many lives, and, in this connection, “words will be poor” as we say in Norway. Dear dear Mike, you are an inexhaustible teacher – even if you are physically away, your knowledge and wisdom will live forever.

Yuri Usenko, Russia

It is very sad to hear about Mike’s death. He was a great man, trying to help people all his life. I learned a lot from him and I am very grateful for that – and grateful to him for bringing new knowledge to my country. He was a really good friend – I will always remember him.

I am thankful that I could get in touch with Mike to tell him some last words – this was important for me. I do

hope his soul has gone in peace. But life is going on, we will remember Mike and try to bring his spirit message to people.

Carol Taub, Portland, Oregon

Mike Smith was a brilliant innovator, who connected such disparate elements as acupuncture, substance abuse, racism, poverty, trauma, urinalysis, criminal justice, group qi, women's and men's groups, and more – all toward the goal of helping those who are suffering to heal in the most gentle, accepting, non-judgmental manner possible.

Unlike many innovators, with each discovery, with each modification or insight, his next move was always to give it away. By founding NADA, by making Lincoln a training center, by tirelessly speaking, writing, teaching, mentoring – all over the world – he inspired and empowered me and so many others to build upon his work.

In the early days of the NADA movement, Mike's essays and articles made it possible to understand and share his ideas. Whatever he discovered or observed, he wrote about it – in language that was accessible and with stories that came from his heart as well as his intellect. We are so fortunate that he leaves us these writings as one part of his legacy.

Shabla Aghlie, Iran

Dr. Smith is one of a small group of people that I love and respect greatly. He was a loving and caring person who spent all of his life helping people. The world would be a better place if we had more people like him.

And as an acupuncturist, I was always amazed at Dr. Smith's deep understanding and love for acupuncture. May he rest in peace.

Janet Paredes, the Philippines

NADA Philippines will forever be grateful to Dr. Michael O. Smith, a great man. We mourn his passing with the whole NADA international community and extend our most sincere condolences to his family. His profound love for the people has been an inspiration for the volunteerism and service that drives the NADA Spirit among our acudetox specialists.

Cornelia Jones, Augusta, Georgia

Ohhhh. So very sad. His boots have left a path throughout the world. Many Blessings, Michael. Cross in peace.

Peter Summa-Lehmann and colleagues, Germany

When Mike visited our psychiatric hospital in Dueren, he gave us a boost for our NADA acupuncture projects and made many internal projects possible. In our region, we have more than 2,000 participants and every year they come from different departments and sectors – psychosomatic, forensic psychiatry, gerontology, drug addiction, departments with depressed clients, migrants and others.

We appreciated Dr. Smith's strong support and presence and his commitment to the international movement in Europe, India and other countries. We will miss him. Now it is our duty to continue his work – in his spirit.

Patricia McDaniel, Ireland

I am so, so sorry to hear that Mike has passed on. What a privilege to have known such a fantastic amazing person.

He certainly will live on in all of us. Please accept my deepest sympathy.

Dorothy Eagan and Amy Wilson, Hamden, Connecticut

It is an honor to have known you, Dr. Mike Smith, selfless healer, great giver of hope, mentor and dear friend. We are forever grateful for your presence in our lives.

Holly Carr, Greensboro, North Carolina

I did not expect to hear the sad news about Dr. Smith. It's a great loss – but what a legacy of compassion and outreach.

Elisa Alakabri and Pekka Aarninsalo and all of NADA Finland

Without Dr. Mike Smith and his continuous support, we would not have NADA Finland, and so many people would not have been helped by the NADA protocol. He has given so much, and we hope he knows that we hear his voice always when we train or do NADA.

Richard Ney, New Braunfels, Texas

I join the vast crowd thanking him for being with us and challenging us to continue the journey.



Postcard designed by POCA students, showing Michael Smith as an Ancestor of Liberation Acupuncture.

Michael Smith with Nancy Smalls. Photo courtesy of Jo Ann Lenney.



Megan Yarberry, Hawaii

Here are some of the ways that Mike's life has touched mine:

He –

- developed a living protocol: adaptable to various contexts, scalable, meaningful, provable, cost-effective;
- advocated for healthcare provision for high-needs communities, providing talking points and research to support the work;
- spoke to power, prioritizing patient care above bureaucracy and other organizational constructs;
- provided financial support, encouragement, words of advice and guidance to me and many, many others;
- created community by bringing thoughtful people together to share inspiration, resources, as well as treatment and program models;
- demonstrated incredible personal bravery and humility while providing leadership to the global NADA community;
- was always willing to listen, explore ideas, and provide follow-up and;
- inspired me through his deep commitment to improving the human condition.

It's an incomplete list, and doesn't do justice to the impact that he continues to have.

Emmanuelle Mouy for NADA France

Thanks for sharing your Chi all over the world. Thanks for making NADA exist. By this decision, you gave fraternity, joy and relief to many patients over the years. Where the allopathic medicine was not effective, where the welfare was not enough, NADA offered relief to all the addicted people we met. Thanks for all of them. The NADA spirit will continue.

Guidepoints News from NADA

Debra Jonasson, British Columbia, Canada

Oh what sad news. I will always be so grateful to Michael Smith for his courage and compassion. His work inspired me to become more involved in my community. May he rest in peace.

Peggy Swain, Barbados

I was so saddened to see the news of Dr. Smith's passing. His words of wisdom and encouragement sit with me and buoy me. A heart filled with love for his family and the many many people touched by his compassion and brilliance.

Celia Perez-Booth, Flint, Michigan

Dr. Smith was my hero because he was a man guided by strong principles. I admired his courage and unbending faith in the healing power of Qi.

Dr. Smith's vision of the NADA Spirit was paramount to a code of conduct that he consistently modeled. And the undaunted respect that people from all over the world had for him speaks to the impact his life had on them.

How can he not be my hero?

Recordando con mucho cariño.

Daksha Patel, Ottawa, Canada

Even though I was aware of Dr. Smith's failing health, it was still a shock to learn of his passing to a higher world. He was an avatar – a great master, a divine teacher to all. We will keep his work alive in NADA, using the lessons he taught us. He lit a torch that we can carry forward shedding light into the dark corners of suffering. Dr. Smith will always be with us and his teachings will continue to guide us.

Joseph Blustein, Madison, Wisconsin

We do something good – ear needles and magnets – every day in his memory.

Marilyn Miller, Cheboygan, Michigan

Dr. Smith was selfless in helping others. He always put patients first without trying to cash in on treating people with behavioral health issues or massaging his ego with all the accolades he received. He was a true inspiration and I have always tried to live up to the dedication and compassion he lived each day. He will be missed but I know I and others still try to carry on his legacy.

Ruth Ackerman, Santa Barbara, California

The legacy of compassion and healing that he leaves behind will long stand as a tribute to his dedication to fostering the Spirit of NADA.

☞ *For Michael Smith, by Ralph Raben, Wolfgang Weidig and Tom Ots*

Dear Michael

We are sad.

Our thoughts are with you.

You have been our most important adviser for many years.

We will miss you.

Luckily you wrote many bright things.

We admire your wisdom and perseverance with which you have taught us to treat patients well, even where it seemed almost impossible or too difficult.

We often understood you only later, because with your thoughts, ideas and your humanistic philosophy you were far ahead of us.

You have touched our heart.

We are thankful and happy that through you we learned a lot not only for our professions, but also for our own lives.

Your modesty and your courage are our role model. Also your commitment over the last years out there in the world, where daily misery caused by disasters, violence and disease exceeds our imagination.

We will continue this work in your spirit.



Dr. Michael O. Smith passed away 75 years old on December 24, 2017 at his home in New York.

We mourn the loss of a special person, a wise and passionate psychiatrist, philosopher, civil rights activist and visionary teacher.

We mourn the loss of the co-founder of NADA in the United States, who in the 1970s developed the NADA protocol in the South Bronx.

We mourn the loss of our founding father and longtime patron who has influenced and inspired us through his experiences, his involvement with us on site, through his example, his ideas and impulses over a period of more than 20 years.

We have learned how an attitude of trust and appreciation is crucial for the patient sitting opposite us, and that acupuncture is much more than skillfully setting the right needles. For many of us, the “NADA School” has had a lasting impact on being more satisfied again with our work.

From NADA Deutsche Sektion and NADA-Akupunktur Austria

Lincoln Recovery Center



Photo courtesy of Jo Ann Lenney, 2017.

Rachel Peckham, London, England

What a legacy Dr. Mike Smith leaves us. NADA, a gift to keep passing on to whoever could benefit from it – receiving it, giving it, teaching it, talking about it. It is so accessible and given with such generosity, respect and grace.

These are attributes from Dr. Smith. They say we lead by example – Dr. Smith set this example of generosity and sharing how to do things. He did this with an elegant subtlety that was beautiful and at the same time simple and straightforward. He had a way of cutting through everything and seeing the shining diamond within. How privileged we are to have had him as a mentor and friend. Leonardo da Vinci said, “Simplicity is the ultimate sophistication.” For me, Dr. Smith embodied this. His energy, words and wisdom will be with us always in our work and our lives.

Guidepoints News from NADA

Lisa Rohleder, Portland, Oregon

I first met Mike Smith in 1992 when he came to do a lecture at my school – it was like rain on a desert.

I loved his honesty, his humor, and above all his love of people who needed acupuncture. He was one of the only people I could count on to give me the unvarnished truth about our profession. He once told me, “You can teach somebody to do acupuncture in about 10 minutes. *Put the sharp end of the needle in the patient.* That’s about it,” he said.

Another quality he demonstrated: he hung in there. He persevered – for decades. He was one thousand percent committed to the project of making acupuncture available to marginalized communities on their own terms. He’s still my role model.

Thank you, Mike.

*Michael
Smith Is the
Spirit of
NADA.*

Winter Issue, 2017

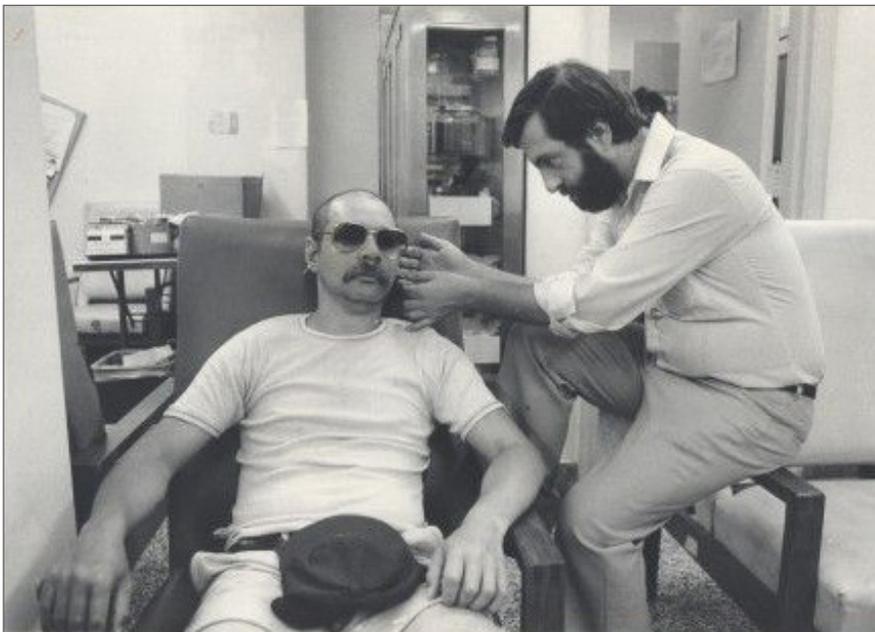
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*Winter '17 Tribute Issue
to Michael O. Smith*



“For all of you who
must discover

For all who seek to
understand

For having left the
path of others

You find a very
special hand”

--Jimmy MacCarthy

He always brings hope where there is only anguish.

∞ *Brad Anderson, Middletown, New York*